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The Care and Feeding of Infants

and

Diet After the First Year

Also
Directions for Preparing
Mellin's Food for Adults

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Mellin's Food Company
Boston, Mass.
1912

Contents

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"We are Advertised by Our Loving Friends."

ROBERT OLSON BETTIS, JR.
Sheridan, Wyoming

Mellin's Food—Its Importance and Advantages

IF for any reason the baby cannot be nursed, it is universally agreed that good fresh milk should be the basis of his food. There is in fresh milk, and in all fresh foods, a certain element of vitality. It cannot be found, nor can it be analyzed; we simply know that it is there, that cooking destroys it, and that if we are deprived of it for a considerable time we do not remain well. A baby can only get this vital, life-giving element by nursing at the breast, or in an artificial food prepared with fresh cow's milk.

Life-giving element.

Cow's milk contains elements of such a character and in such proportions as are best suited to the digestion of a calf, and Nature provides this animal with a peculiar process of digestion that easily takes care of the tough, curdy masses of cow's milk. A baby's digestion, on the other hand, is quite different and is not suited to the digestion of cow's milk, for, when mother's milk enters the baby's stomach it does not form in tough, hard curds, as does cow's milk, but, on the contrary, it forms in soft, fine masses which are easily digested. Moreover, cow's milk contains a much larger proportion of curd than mother's milk. These are the principal reasons why a baby cannot readily digest cow's milk alone.

Why milk must be modified.

Cow's milk, therefore, must be changed or modified in such a way that it will resemble mother's milk, not only in composition but in digestibility, before it can be a proper food for an infant. First, the cow's milk must be diluted with water to reduce the proportion of curd. Even then the diluted cow's milk is not like mother's milk, because it is lacking in certain important food elements, and furthermore, the tough curd must be softened. Mellin's Food softens this curd of the milk and thus makes the milk easily digestible and more nourishing. Mellin's Food also supplies just the right elements needed to make the diluted milk a complete food for the baby. Therefore, Mellin's Food properly modifies milk and makes it a suitable diet for the infant.

Mellin's Food softens the curd.

Mellin's Food also possesses further advantages as a modifier of milk:

Mellin's Food is made from the choicest wheat and malted barley, the starch of the grains being wholly converted into carbohydrates that are ready for immediate digestion by the youngest infant. The carbohydrates are the important food element which creates bodily heat and energy, and are deficient in cow's milk as compared with mother's milk. Mellin's Food when added to cow's milk, supplies this deficiency and what is equally important, these carbohydrates are in a form entirely free from starch. As mother's milk does not contain starch, and as the function of digesting starch is not properly developed until the baby is about a year old, starch should not form any part of an infant's diet during the earlier months.

Carbohydrates important.

Mellin's Food also supplies proper bone and teeth-forming material. In order for a baby to develop good bones and teeth, there must be proper salts in the diet. The salt which pre-

The bones and teeth.

dominates in mother's milk is potassium. Potassium is also the predominating salt in Mellin's Food. Cow's milk, however, is deficient in potassium salts, but when Mellin's Food is added to the milk this deficiency is supplied, and the salts then resemble those in mother's milk.

Mellin's Food is easy of preparation. Simply dissolve the Mellin's Food in water, and then add the milk.

Mellin's Food easily adapted.

Mellin's Food may be readily adapted to suit the needs of the individual baby by simply changing the proportions of the Mellin's Food, milk and water, as explained in this book.

The first year of a baby's life is the most important, for it is the foundation-time. Health, strength, vigorous mentality for the future, all are then being developed and nourished. The baby's diet, therefore, is a most important factor. Mellin's Food fulfills every requisite, and has for nearly half a century proved to be the simplest and the most successful method of modifying milk.

Edwina T. Hyams
Gloucester, Mass.

Wesly Albertus Paulsen
Chicago, Ills.

Mellin's Food—Its Origin and Composition

MANY years ago Liebig, the noted chemist, was confronted with the task of providing a suitable food for two of his grandchildren, whose mothers could not nurse their offspring. After considerable experiment, Liebig devised a formula for an infant's food. He made use of the well-known fact that malt contains diastase, a ferment capable of converting starch into maltose and dextrine, just as the action of saliva in the adult similarly converts starch. A young baby, however, does not possess this power of converting starch, but can easily digest maltose and dextrine.

Liebig.

Liebig directed that his food be prepared from wheat, malted barley, cow's milk, water, and a small amount of potassium salts. Correct and ingenious as were the principles which Liebig followed, the difficulty of preparation was so great as to make it impossible for the busy mother to prepare the food at home.

Gustav Mellin, a chemist, of London, England, then conceived the idea that if Liebig's food could be prepared in dry form, it could be used far more extensively. After years of experiment and patient effort, Mellin finally succeeded in perfecting a process by which he made use of all the materials used by Liebig except the milk and water, thereby manufacturing Liebig's food in a form adapted to the limitations of the home. All that is necessary to reproduce Liebig's original

Mellin.

modified milk today is to add Mellin's Food to the proper proportions of milk and water.

The making of Mellin's Food.

Mellin's Food is carefully and scientifically prepared from barley malt and wheat. It is dry, readily soluble, of uniform composition, and keeps perfectly in any climate. It is prepared under scrupulously clean surroundings, and all the materials entering into its manufacture are of the highest grade of quality. Mellin's Food does not contain starch, dried milk, cane sugar, nor any other element indigestible or undesirable for an infant's food, but, on the contrary, it does contain all the elements which are necessary for the proper nourishment and development of a baby's body. Mellin's Food produces firm flesh, strong limbs, sound teeth and healthy bodies.

Fulfills every requisite

When Mellin's Food is added to cow's milk, it softens the curd, making it light and digestible like mother's milk; it supplies the carbohydrates and other elements neeessary to make up the deficiency of these constituents in cow's milk, and the resulting mixture shows the closest resemblanee to mother's milk.

Prescribed by physicians.

Mellin's Food is today being sueeessfully used by many thousands of mothers; it is prescribed by physicians throughout the world, many of whom are using it in their own families.

Ada Vera Werner
Orange, N.J.

Muriel Evelyn Saint
Los Angeles, Cal.

Welch H. Henritze, Jr.
Rift, West Va.

The Milk

THE milk to be used in preparing Mellin's Food for the baby is a very important factor. Use good, fresh milk; the fresher the milk, the better. Fresh milk should form the basis of a baby's diet. Fresh milk contains the vital, life giving element which every baby needs, and which is not in canned, dried or over-heated milk. Fresh milk is also more nourishing. A baby will grow stronger and more vigorous and will have better bones and teeth, if fed upon fresh milk, properly modified by Mellin's Food. The continued use of canned, dried or over-heated milk in infant feeding is attended with risk.

Fresh milk the best.

The mixed, whole milk from a herd of ordinary grade cows is usually the most suitable, and is more uniform in composition than one cow's milk. It is not desirable to use very rich milk. For instance, Jersey or Guernsey milk oftentimes does not give as good results as common cow's milk. This is due to the large amount of cream in Jersey and Guernsey milk, and also to certain peculiar characteristics of this cream. Jersey or Guernsey milk may be used successfully with Mellin's Food by removing a little of the richest cream (an ounce or two from the top of a quart) before preparing the Mellin's Food from the remaining portion.

Do not use too rich milk.

The part of the milk most essential to a baby's growth and development is not the cream, but the protein—the curd or cheesy portion—for it is the protein that makes muscle and new

Protein the most important.

tissue. If milk too rich in cream is used, vomiting, especially some little time after feeding, may result, or irregularities of the bowels, or loss of appetite. An excess of fat, particularly in the later months when the baby is getting quite a large proportion of milk, may retard the baby's gain in weight, and may also produce rash, or cause the urine to smell like ammonia.

Proper care of milk.

Keep the milk covered and in a cool place,—the refrigerator, if possible. If ice is not available, the milk may be poured into a jar and kept in a pail of cold water, the water being changed two or three times a day. The milk should always be kept cold.

Remember that you are using milk as well as Mellin's Food and that milk is liable to variations, especially if any decided change is made in the feeding of the cows. It is sometimes necessary to change the source of the milk supply.

If it is impossible to obtain suitable fresh milk for the time being, Mellin's Food may be prepared temporarily with evaporated or condensed milk, as explained on page 23.

Lionel Rockefeller Hall
Mifflinburg, Pa.

Directions

Simplicity. Simply dissolve the Mellin's Food in cold water, and then add the milk.

It is unnecessary to add anything else; the Mellin's Food alone will perfectly modify the milk, if properly prepared.

If there is any doubt as to the purity of the water, boil it, but let it cool before dissolving the Mellin's Food in it.

Let mixture stand. Mix the Mellin's Food with the water and milk at least two or three hours before giving any to the baby. The Mellin's Food will then have sufficient time to soften the curd of the milk, as already explained, and thus render the milk easily digestible.

If milk is obtained but once a day, enough of the Mellin's Food may then be prepared to last for twenty-four hours. If milk is received twice a day, enough of the Mellin's Food may be prepared each time to last for twelve hours.

Proper care of food. Keep the prepared food on the ice or in a cool place. It may be kept in a jar, such as an ordinary fruit jar, or it may be kept in separate nursing bottles, enough in each bottle for one feeding. Keep the jar or nursing bottles covered. If ice is not available, set them in a pail of cold water.

At feeding-time stir the mixture thoroughly, pour into the nursing bottle enough for one feeding and heat it lukewarm, that is, not over 98° F., by placing in a dish of hot water.

If the prepared food is kept in separate bottles, gently shake the bottle before warming it, in order to mix thoroughly any cream that may have risen.

Hold the baby in the arms while feeding, in a half-reclining position, the same as though being nursed at the breast. In this way the loss of bodily heat is prevented, he is less likely to choke than if lying flat on his back, and digestion proceeds more satisfactorily. ***Position while feeding.***

Hold the bottle so that the nipple is always full, and thus prevent the baby from sucking in air while feeding. It is not well to leave the baby alone with the bottle.

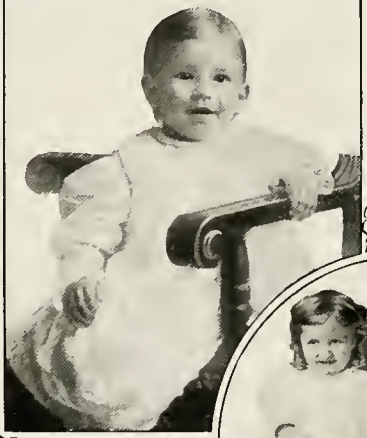
Be sure the baby feeds slowly, taking from fifteen to twenty minutes to each feeding. If he takes less time, procure a nipple with a smaller hole, or get a nipple without any hole at all and make a small hole with a hot needle. ***Feed slowly.***

When the baby has had enough, remove the bottle from his sight, and do not feed him again until time for the next feeding.

Keep the baby quiet, particularly after feeding.

As milk does not keep well after once being warmed, throw away any food remaining in the nursing bottle at the end of a meal. Never lay it aside to be warmed over for the next feeding.

These are all Mellin's Food Babies.



Henry Rodney Workman
Muscatine, Iowa

Edwin Fitch Cross, Jr.
Willimantic, Conn.

The Twin White Boys—Walter and Wade
Plattsburg, Neb.

Alma V. Reed
Cambria, Virginia

Lester Ashton Carhart
Sheffield, Iowa.

Nursing Bottle and Nipple

THE nursing bottle should be of such a shape that it may be easily and thoroughly cleaned. It should be smooth on the inside, containing no angles nor corners. The nipple should be conical in shape, should fit right on over the neck of the bottle, and should be capable of being easily turned inside out when cleaning it. Do not use a nipple with a long tubing. A new nipple should be boiled for about five minutes before using it the first time. Nipples made of black rubber are preferable.

Keep the bottles and nipples scrupulously clean. Immediately after each feeding wash the bottle thoroughly, inside and out, with warm water and soap, scrubbing it well with a brush. Then rinse the bottle out with plain water and keep it filled with water until again required for use. ***Cleanliness important.***

After feeding, turn the nipple inside out and wash it thoroughly with warm water and soap. Then keep it in clean water until again needed.

Cleanse the bottle brush thoroughly after using it.

It is impossible to emphasize too much the importance of keeping the feeding utensils clean.

Formulas

HE following formulas will give the best results with the *average* baby. At the same time it should be borne in mind that babies differ in their requirements and in their powers of digestion; some babies need more nourishment than others, especially if they weigh more than the average; some need less nourishment; the formula should, therefore, be varied accordingly. By changing the proportions of Mellin's Food, milk and water, the mixture may be adapted to suit the needs of each infant.

Easily adapted.

Enough Mellin's Food must always be used to insure proper digestion of the milk. It is seldom, if ever, advisable to use less Mellin's Food than our formulas direct. On the contrary, it is frequently necessary to use more Mellin's Food, especially with young babies. Most babies from birth require at least 3, and some 3½ or even 4, level tablespoonfuls of Mellin's Food to each pint of the milk and water. If the baby does not properly digest the milk, or if his hands and feet do not keep warm, or if he does not gain as he should, do not hesitate to increase the Mellin's Food as needed.

Use sufficient Mellin's Food.

It is generally well to start with a little less milk than called for in the regular formula for the baby's age, adding enough more water to keep the measure, and then within the next few days the milk should be increased gradually to the right amount, half an ounce at a time, as fast as it is well digested, and the water decreased.

Each of the following formulas makes a pint mixture. To prepare enough food to last for half a day or a day's feedings, take the proportionate amounts of Mellin's Food, milk and water required.

For the amount to be given and the intervals between feedings, see page 19 of this book.

(2 tablespoonfuls of liquid equal 1 fluidounce.
32 tablespoonfuls, or 16 fluidounces, equal 1 pint.)

For Infants One Month Old or Younger

Mellin's Food . . .	3 tablespoonfuls (level)
Milk	4 ounces (¼ pint)
Water	12 ounces (¾ pint)

In preparing, follow carefully the directions given on page 12 of this book.

For Infants about Two Months Old

Mellin's Food . . .	3 tablespoonfuls (level)
Milk	6½ ounces
Water	9½ ounces

In preparing, follow carefully the directions given on page 12 of this book.

For Infants about Three Months Old

Mellin's Food . . .	3 tablespoonfuls (level)
Milk	8 ounces (½ pint)
Water	8 ounces (½ pint)

In preparing, follow carefully the directions given on page 12 of this book.

For Infants about Four Months Old

Mellin's Food	3 tablespoonfuls (level)
Milk	9½ ounces
Water	6½ ounces

In preparing, follow carefully the directions given on page 12 of this book.

For Infants about Five Months Old

Mellin's Food	3½ tablespoonfuls (level)
Milk	11 ounces
Water	5 ounces

In preparing, follow carefully the directions given on page 12 of this book.

For Infants about Six Months Old

Mellin's Food	3½ tablespoonfuls (level)
Milk	12 ounces (¾ pint)
Water	4 ounces (¼ pint)

In preparing, follow carefully the directions given on page 12 of this book.

For Infants over Six Months Old

The food prepared according to the formula for a baby six months old is usually strong enough for any child. If, however, the baby is not satisfied, the milk may be gradually increased and the water decreased. The Mellin's Food may be increased or not, as is necessary.

Intervals between Feedings and Amount at Each Feeding

AGE OF BABY	Intervals Hours	No. of feedings in 24 hours	No. of night feedings after 10 P.M.	Average amount of each feeding, in ounces	Average total amount in 24 hours, in ounces
1 week	2	10	2	1	10
2 weeks	2	10	2	1½	15
4 weeks	2	9	1	2½	22½
6 weeks	2½	8	1	3	24
2 months	2½	8	1	3½	28
3 months	3	7	1	4	28
4 months	3	7	1	4½	31½
5 months	3	6	0	5½	33
6 months	3	6	0	6	36
7 months	3	6	0	6½	39
8 months	3	6	0	7	42
9 months	3	6	0	7	42
10 months	4	5	0	8½	42½
11 months	4	5	0	9	45
12 months	4	5	0	9	45

(2 tablespoonfuls of liquid equal 1 fluidounce.)

The above table shows the amount the average baby requires at a feeding and the proper intervals between feedings. This table is not intended as a hard and fast rule to be followed

exactly with every baby. A baby larger or stronger than the average will probably require more than this table calls for; for example, a baby two months of age may need to be fed according to the directions for a baby three months old. On the other hand, a delicate baby may not require as much as directed.

Regularity of feeding. Regularity in the times of feeding is of the greatest importance. It is a serious mistake to feed a baby every time he cries, for the stomach must have time for digestion, and afterwards time for rest. Digestive disturbances will frequently result from feeding too often. The baby should be fed very regularly during the daytime up to about 9 or 10 P.M. The intervals between feedings should be reckoned from the beginning of one feeding to the beginning of the next one.

How to Increase the Formula, Interval and Amount

How to change formulas. In changing from one formula to another, do not increase the milk too suddenly. It will be seen from our formulas that during the first six months half an ounce of milk should be added to each 16 ounces or pint of the mixture about every week or ten days, and half an ounce of water left out. For example, the formula for three months calls for 8 ounces of milk and 8 ounces of water; the formula for four months calls for 9½ ounces of milk and 6½ ounces of water. After the baby is three months old, if half an ounce of milk is added to each pint of the mixture about every ten days, and half an ounce of water is taken out, when the baby is four months old he will be taking 9½ ounces of milk and 6½ ounces of water. Mellin's Food, being perfectly digest-

ible, may be increased at once, and enough Mellin's Food must always be used to properly modify the milk.

How to lengthen intervals.

When it is time to increase the intervals between feedings, do this gradually. For example, if the baby is fed at intervals of 2½ hours, make the intervals 15 minutes longer for a day or two, and then make a further increase to 3 hours. About the same time make a gradual increase in the amount at a feeding. It is not well, however, to increase the strength of the formula and the amount at a feeding the same day.

The Water

Use good, pure water in preparing Mellin's Food. Good water shows no color or sediment, and has no odor on boiling. When water is drawn from a faucet it should be allowed to run a few minutes before taking what is needed. If there is any doubt as to the quality of the water, it should be thoroughly boiled and then allowed to cool before dissolving the Mellin's Food in it. If the water is excessively hard, it should also be boiled.

Thirst

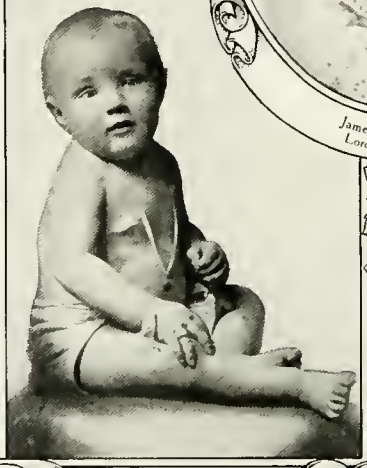
A baby often suffers from thirst, and this may be mistaken for hunger. Offer the baby a teaspoonful or two of warm or cool water occasionally. Never give ice-water nor very cold water. A baby may relish water better if a little Mellin's Food is dissolved in it.

These are all Mellin's Food Babies

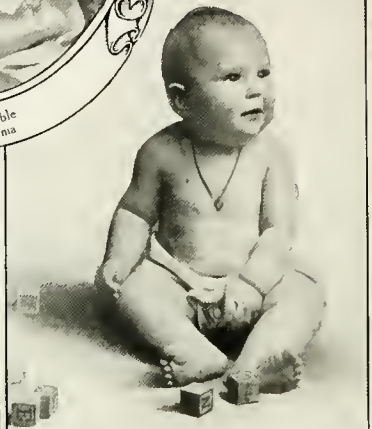
Wesley V. Martin
Plattville, Wis.

Marie B. A. Slaymaker
Washington, D. C.

James H. H. Hubble
Lordsburg, California



Gerald F. Raffensperger
Des Moines, Iowa



Shirley Robinson Perry
Falmouth, Mass.

When Fresh Milk Cannot be Obtained

WE always recommend the use of good, fresh milk with Mellin's Food, but sometimes fresh milk cannot be obtained, and in such cases Mellin's Food may be prepared with condensed milk for the time being.

There are two kinds of condensed milk, the ordinary or sweetened brands, and "evaporated milk," which is unsweetened. The difference between the two is that ordinary condensed milk is over one-third cane sugar, which is added to preserve it, whereas evaporated milk contains no cane sugar. Cane sugar ferments easily and may cause bad results if given to a baby for any extended period. If, therefore, condensed milk is to be used we think it best to use the evaporated or unsweetened milk.

Evaporated superior to condensed milk

If ordinary condensed milk is used, it should first be diluted to the consistency of whole milk according to the directions on the can, about 1 level tablespoonful of condensed milk to 5 or 6 tablespoonfuls of water, and then this should be prepared with Mellin's Food in the same way as if using fresh milk. If evaporated milk is used, it also should first be diluted to the consistency of whole milk according to the directions on the can, about 1 tablespoonful of evaporated milk to 2 tablespoonfuls of water, and then this should be prepared with Mellin's Food in the same way as if using fresh milk.

As with fresh milk, the proportions of Mellin's Food, con-

densed milk and water should be varied to suit the individual baby.

If condensed, evaporated or overheated milk is used, give the baby after he is five or six months old a few teaspoonfuls of sweet orange juice, strained, an hour before a midday feeding, so that there will be some fresh element in his diet, which otherwise would be supplied if fresh milk were used.

When traveling. When one is traveling and cannot procure fresh milk or keep it properly, Mellin's Food prepared with evaporated or condensed milk will oftentimes be found very convenient. As soon as possible the Mellin's Food should be prepared with fresh milk for reasons given in the first part of this book.

Normal Movements of the Bowels

Character of stools. A baby should have one to three good movements every twenty-four hours. It is the character of the stools, however, rather than the number, which determines perfect digestion. They should be soft and smooth, and contain no lumps, showing that the milk is properly digested. The stools of a Mellin's Food baby are brownish in color, rather than yellow like those of a breast-fed baby.

Regular habits. When the baby is old enough he may be trained to have a regular movement at a certain time every day, and this may be accomplished by the mother holding a small chamber between her knees and placing the baby over it. By the time the baby is a year old he should be encouraged to have a regular evacuation of the bladder each evening, so that he will be less likely to wet during the night. Following these suggestions will not only save work for the mother or nurse, but will also be of benefit to the baby in helping to cultivate regular habits.

How to Vary the Proportions to Suit Special Conditions

IT should always be borne in mind that Mellin's Food itself is perfectly digestible. If, therefore, the prepared food does not seem to agree at any time, ascertain whether the fault lies in the formula, looking especially to see that enough Mellin's Food is being used to properly modify the milk, or whether the trouble comes from the way in which the food is prepared and given, or whether it is due wholly to the milk.

On the following pages will be found directions for preparing Mellin's Food to suit special conditions. We are always glad to hear from mothers and to give any additional suggestions needed to insure the successful use of Mellin's Food.

How to Regulate the Diet in Constipation

Constipation may result if a baby does not properly digest the milk. The cheesy curd of the milk usually causes the trouble, and simply increasing the proportion of Mellin's Food, which breaks up and softens the curd of the milk, usually overcomes the difficulty. Young babies, especially those one or two months old, often require as much as 3½ or 4 level tablespoonfuls of Mellin's Food to each pint of the mixture.

Use sufficient Mellin's Food.

Sometimes top milk (that is, the top half or top three-quarters of the milk after the cream has risen) is used temporarily, particularly with very young babies, when the milk is

well diluted with water. The continued use of very rich milk, however, may cause digestive disturbances difficult to overcome, and rich top milk may actually cause constipation, with gray, putty-like movements. It is generally better, therefore, not to use rich top milk, but to gently stir all the cream through the milk, and, instead of increasing the cream or fat, increase the Mellin's Food.

Sometimes it is advisable to decrease the proportion of milk temporarily, increasing the proportion of water to keep the measure.

Offer the baby a few teaspoonfuls of cool water to drink occasionally.

Fruit juices.

If the baby is over five months old, two or three teaspoonfuls of the juice of a sweet orange may be given every day, an hour before a midday feeding. It should be strained and may be given plain, or diluted with an equal amount of water.

If the baby is over a year old, the pulp of baked apple may be given in small quanities; also the pulp and juice of stewed prunes.

Boiling, sterilizing, or pasteurizing the milk often makes it constipating.

Starch constipating.

Starchy foods are also constipating and should not be given to young infants, as already explained.

Do not give any medicine unless your physician so directs.

How to Regulate the Diet in Diarrhea

In diarrhea the milk is not being properly digested and keeps up the irritation in the bowels. It is, therefore, best at

such times to omit the milk for a few feedings and use the following proportions: —

Mellin's Food	4 tablespoonfuls (level)
Water (boiled, then cooled) .	16 ounces (1 pint)

Temporary diet in diarrhea.

A small quantity of the above mixture may be made at a time and given as soon as prepared to infants of any age. Give the baby a few tablespoonfuls cool, or very warm (not lukewarm), every hour or two when awake for a day or two, or until the movements become normal. Then substitute one or two ounces of milk daily for the same amount of water in each pint of the above mixture, gradually returning to the proportions of milk and water directed for the baby's age.

Mellin's Food superior to starch.

Mellin's Food gives excellent results in diarrhea and is much to be preferred to barley water or other starchy gruels, because Mellin's Food is free from starch and does not disturb, but actually soothes, the irritated bowels. Furthermore, Mellin's Food furnishes the baby with sufficient nourishment for the time being, as three ounces of the above mixture are about equal in food values to one ounce of milk.

Moderate looseness is often checked by scalding the milk for a few days.

Too rich milk.

Too rich milk may cause an occasional tendency towards looseness. In such a case removing part or all of the cream from the milk temporarily is often beneficial. After the trouble is overcome the cream should be gradually left in again.

Of course enough Mellin's Food must always be used to

properly modify the milk. It is sometimes advisable to use more Mellin's Food than our regular formulas give, as explained on page 16 of this book.

Change milk if necessary.

If looseness recurs, inquiries should be made regarding the milk. If the cows are suddenly turned out to grass, or if they eat too much ensilage, corn-stalks, green fruit, vegetables, brewers' grains, alfalfa, or cotton-seed hulls, their milk may cause some disturbance. A change in the milk supply will often overcome the difficulty.

If the baby is ill, he should be under a physician's care.

How to Regulate the Diet if Vomiting Occurs

A baby fed on Mellin's Food, if it is properly prepared and given, should not vomit nor spit up between feedings.

Causes of vomiting.

The most common causes of vomiting are giving too much at a feeding, feeding too often, feeding too rapidly, or the trouble may be due entirely to the milk. The milk is a very important factor. If the milk is too rich in cream, or if too large a proportion of milk is used, or if the milk is not properly produced and handled, vomiting may ensue. Some other causes of vomiting are wrong position while feeding, failure to keep the baby quiet before and after feeding, and too tight clothing or bands.

Mellin's Food readily retained.

Mellin's Food itself is perfectly digestible and is tolerated by the most delicate stomach.

If the baby throws up immediately after a feeding, reduce the quantity of each feeding. Make the intervals between feed-

ings as near three hours as possible, at least temporarily. Be sure the baby feeds slowly, taking from fifteen to twenty minutes to each feeding. If he takes less time, procure a nipple with a smaller hole. A teaspoonful or two of cool water just before feeding is often beneficial. *Vomiting soon after feeding.*

If the baby throws up some little time after a feeding (or spits up repeatedly between feedings), reduce the richness of the milk by taking off the top ounce or two of cream from a quart of the milk after the cream has risen, gently stir the balance, and use from this in preparing the food. As soon as the trouble ceases, gradually leave in the cream again. Increase the Mellin's Food to modify the milk better and to make up for the loss of the cream which has been removed. *Spitting up.*

Of course too large a proportion of milk should not be used.

In persistent vomiting the milk, not being properly digested, does the baby no particular good and simply aggravates the condition. It is, therefore, best at such times to omit the milk for a few feedings and give the stomach a rest. Use the following proportions: — *Persistent vomiting.*

Mellin's Food	4 tablespoonfuls (level)
Water (boiled, then cooled) .	16 ounces (1 pint)

A small quantity of the above mixture may be made at a time and given as soon as prepared to infants of any age. Give the baby a few teaspoonfuls of this every fifteen minutes or half hour while awake for several hours, until the vomiting ceases. This should be given cool; or it is sometimes better to give it

as warm as the baby can take it. Do not give it lukewarm. After the vomiting has ceased, substitute a small amount of milk for the same amount of water and gradually return to the proportions of milk and water directed for the baby's age.

A change in the milk supply will sometimes overcome vomiting.

If the baby is ill, he should be under a physician's care.

How to Regulate the Diet if Colic Occurs

If enough Mellin's Food is added to the milk to properly modify it for the individual baby, and the prepared food is properly given, the baby should not have colic.

Use sufficient Mellin's Food. A common cause of colic is indigestion of the cheesy curd of the milk. A sufficient amount of Mellin's Food must, therefore, be used to break up and soften this curd, and thus render the milk easily digestible. Many babies from birth require as much as 3½, or even 4, level tablespoonfuls of Mellin's Food to each pint of the milk and water.

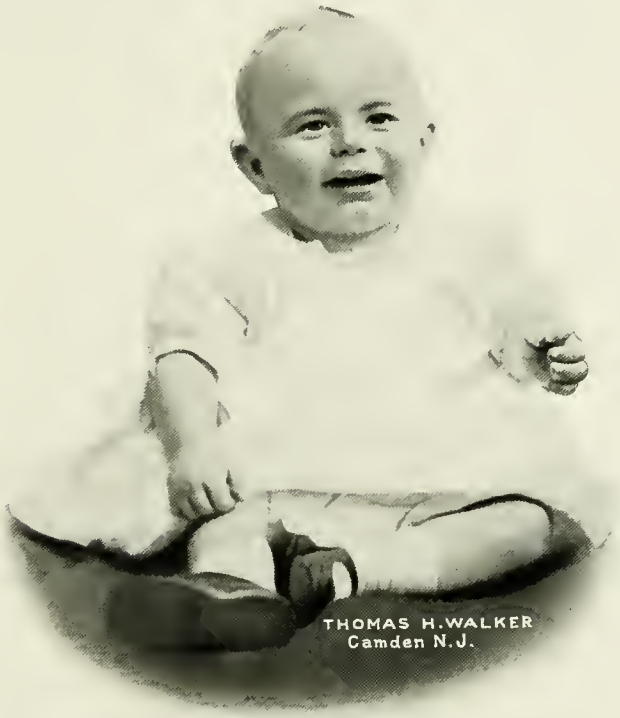
If a baby has colic it is very important to feed slowly, and also not to feed too often. The baby should take from fifteen to

Feed slowly. twenty minutes to each feeding. If he takes less time, procure a nipple with a smaller hole, or get a nipple without any hole at all and make a small hole with a hot needle. Hold the bottle so that the nipple is always full, and thus prevent the baby from sucking in air while feeding. The intervals between feedings should be as near three hours as possible. It is better to give the baby a little more at a feeding, or to make the formula a little stronger, than to feed too often.

While the baby is feeding stop once or twice, and if he is old enough, let him sit up in the lap and rub his back gently upwards. If gas is forming, it will then escape and not accumulate to cause trouble later on.

If the baby seems distressed, dissolve a teaspoonful of Mellin's Food in an ounce of water and give the baby a little of this as hot as he can take it. This may be given at any time.

Do not use too rich milk, nor too large a proportion of milk. Sometimes changing the source of the milk supply is beneficial.



These are all Mellin's Food Babies

Emerson Irving Rude
Ilion, N. Y.

Arner Leslie Skrable
Elberon, Iowa

Pauline Knapp
Hagerstown, Indiana

Mabel Bernice Asher
Chicago, Ill.

Robert S. Collings
Hot Springs, Ark

The Baby's Room

THE baby's room should be bright, sunny, dry, and of fairly good size. It is much better for the baby to sleep alone in the room, but if there are two children, they should sleep in separate beds, the mother or nurse being in an adjoining room.

Pure, fresh air is a matter of great importanee if the good health of the child is to be maintained. At all seasons the window should be open enough to keep the air fresh, but of course the baby should be proteeted from drafts. Fresh air does not neeessarily mean eold air. In cold weather the room should be heated. The temperature of the room should be kept about 70° Fahrenheit during the daytime, and should not be more than 10° to 15° lower than this at night. The room should be provided with a thermometer hung in some position where it records mean temperature, not too elose to the source of heat, nor near the windows where it may be unduly chilled. ***Fresh air essential.***

A light should not be kept burning in the baby's room at night; the burning of gas or kerosene rapidly spoils the air for breathing. Tobaeco-smoking ought never to be allowed in the nursery.

Soiled diapers and vessels containing movements should be promptly removed. ***Cleanliness important.***

Diapers and elothing should never be dried in the baby's room, for, aside from the dampness thus produeed, the odor given off is very unwholesome and offensive.

The room should be free from plumbing.

The furnishings of the room should be plain and simple. Carved wood and thick upholstery are receptacles for dust. Hard wood or painted floors with rugs are preferable to carpets, as the room may then be more easily kept clean.

The bed.

A white enameled iron crib is the best bed for the baby. It should be so situated as to be out of the way of drafts.

A hair mattress is better than one of feathers, as the latter is much too warm. A coarse, heavy blanket which may be washed when necessary may be used as a mattress.

The mattress should be protected by a piece of rubber sheeting or some waterproof cloth. This should be about a foot and a half long, and wide enough to stretch across the mattress from side to side and tuck well in under the edges. Over this should be placed a double undersheet, or if rubber sheeting is used and this feels cold, a quilted pad may be put between this and the sheet.

The bedclothing.

The bedclothes should be long enough and wide enough to tuck in well under the mattress at the sides and at the foot.

A pillow is not necessary. The bed should be level, or a little higher at the head than at the foot.

After the child is taken up in the morning, the windows should be opened and the bedclothes, mattress and room should be thoroughly aired. Be sure that the room has regained its normal temperature and the bedclothing is free from all dampness before the child is again put in the crib.

Bathing and Cleanliness

ORDINARILY a baby should have a bath every day, unless the physician advises to the contrary. If the baby is not quite as well as usual, it may be advisable to omit the daily bath, or in the case of delicate children it is often well to substitute a sponge bath for the tub bath.

Bath.

If the bath is properly given, it should be a pleasure both to the mother and to the baby.

The bath should be given as nearly as possible at the same hour each day and should always be given before, and never directly after, a meal. The best time is just before the second meal in the morning.

Temperature.

The temperature of the water should be 98° to 100° Fahrenheit at first,—after six months about 95°. A bath thermometer, which is encased in wood to prevent its breaking or sinking, is convenient in determining the temperature.

It is a good plan to place a towel in the bottom of the tub to prevent the baby from slipping.

Take the baby in the lap, remove all clothing and wrap a towel about him. Wash his head and face while still holding him in the lap. Then slowly and gently lift him into the tub, supporting his head with one hand. Bathe quickly without rough handling and lift him back into the lap; lay him on his stomach

and dry the back part of his body first; then turn him over and finish, taking care to dry thoroughly without much rubbing.

Powder. To insure complete drying, some powder may be used in the folds of the skin, as around the neck, in the armpits and groins. The powder used should be of the simplest kind, such as finely powdered starch or talc. If the creases in the skin appear too dry, perhaps a little vaseline or cold cream may be applied to advantage.

Wash-cloths. One washcloth or sponge should be used for the baby's face and head, and another for the rest of the body. The baby's wash-cloths, sponges and towels should not be employed for any other purpose, and should be thoroughly cleansed and dried every time they are used.

Soap. It is usually unnecessary to use soap in bathing a young baby, but when soap is used it should be of undoubted purity, as a baby's skin is very tender.

The lower parts of the body should always be kept as clean and dry as possible. After each bowel movement these parts should be sponged with warm water and carefully dried, powdering to prevent chafing.

Mouth. It is advisable to wash the mouth of a baby at least once a day, especially during the first few months before the saliva flows freely. This may be done directly after the bath. A good way is for the mother to wrap a clean, soft cloth about her finger, dip this in pure water, and then very gently cleanse the baby's mouth. It is a good plan to dissolve a little borax in the water.

As soon as the baby's teeth come they should be cleaned regularly.

Head. The head should be gently washed and dried at the time of the bath, as stated before. If the scalp seems dry or rough,

a little vaseline or olive oil may be applied at night, and this may be washed off the next morning with a little soap and water. Brush the baby's head with a fine, soft hairbrush, not using a comb.

Vetha Louise Moreton, Columbus, Indiana

Sleeping

NEW-BORN baby will sleep most of the time, but as he grows older he will sleep less and less, until when he is about a year old he will usually sleep about two-thirds of the time. Regularity in sleeping hours is as important as regularity in feeding.

The baby will usually awaken in the morning and need the first feeding at about six o'clock. Then he should be fed regularly during the daytime according to the schedule on page 19. When the baby is aroused at feeding time, he should be very gently awakened.

When the baby is a few months old he will need a forenoon nap after he is bathed and fed, and also an afternoon nap. By the time he is a year old he will usually need only the forenoon nap, which should be continued until he is at least two or three years old. Unless the weather is severe the baby may have his nap out-of-doors, in a sheltered place.

Daily naps.

The baby should be prepared for the night and quietly settled by about 6 P.M. He should be kept particularly quiet for about an hour before being put to bed, as excitement at this time interferes with a baby's sleep. He should be put into his crib without being rocked or walked to sleep. If this is done he will soon acquire regular habits of sleeping.

Bedtime.

A baby will at first need to be fed twice in the evening, about 8 P.M. and then again at about 10 P.M., but the 8 o'clock

feeding will soon be unnecessary. After the 10 P.M. feeding the baby should be allowed to sleep as long as he will. He will generally awaken and need two feedings in the night during the first month or so; then he will need only one night feeding; and finally, by the time he is four or five months old, if he is fed regularly during the daytime, he will sleep all night after the evening feeding. *Night feedings.*

A baby may be taught to lie on his side or stomach, rather than on his back. After he has slept for a while on one side, it rests him to be turned over on the other side. *Position while sleeping.*

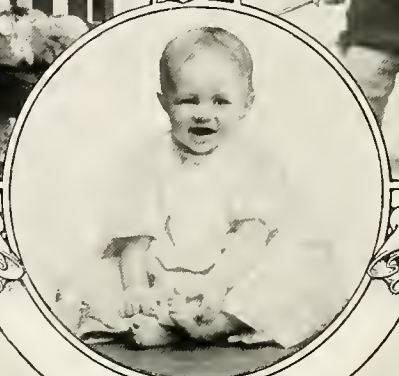
The length of time that a baby will sleep may be governed somewhat by his temperament and the quietness of his surroundings. There should be as little noise as possible in the vicinity of the baby's room when he is sleeping.

Walter Roy Johnson
Decatur, Ills.

These are all Mellin's Food Babies

Dorothy May Cragin
Lawrence, Mass.

George T. Bently, Jr.
Lawrenceburg, Tenn.



Frances Katharine Clement
New Vienna, Ohio

The Nabors Triplets — Ruth, Mary and Ester
Tallassee, Ala.

Clothing

ALTHOUGH a baby fed on Mellin's Food is being supplied with a proper heat-yielding food, nevertheless due care must be exercised to maintain the warmth of the little one. It should be remembered that clothing is not a source of heat in itself; it merely prevents the loss of the heat which the child produces from his own body. The baby should be well covered in his crib as well as properly clothed when out of it.

Articles of clothing required.

A baby's clothing should be as simple as possible, health and comfort being the first considerations. The chief articles of clothing needed are bands, diapers, undershirts, petticoats, dresses, stockings and nightgowns. The number of these articles and quality of material will necessarily vary according to the taste and judgment of the mother.

The bands.

The band used during the first two or three months is commonly made of soft flannel, or if preferred, it may be knitted or crocheted. It should be about 6 inches wide and 20 inches long, being long enough to reach around the baby's body once and lap over a little. The band should be pinned snugly, but not too tightly, about the baby's stomach. Safety pins may be used, but common pins should never be employed about a baby's clothing. After the first few months a looser band made of soft flannel, or knitted, and having

shoulder straps, should be worn until the baby is two or three years old. The bands may be bought ready-made or they may be made at home.

The main purpose of the band is to keep the baby's abdomen warm, and thus prevent sudden chilling with consequent bowel disturbance. The band should be worn night and day. When it is finally time to discard the band this should be done in warm weather rather than during the colder months.

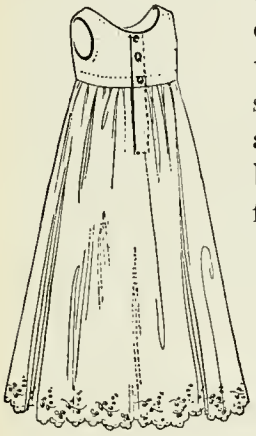
Diapers. The diapers should be made of a soft, light, absorbent material, preferably cotton or cotton stockinet. Linen is not so soft nor so absorbent as cotton. For the earlier months the diapers should be about a yard long and half a yard wide, and later on a little larger.

An ample supply of diapers should always be kept on hand so that they may be changed whenever they become wet or soiled. They should be washed in boiling water and well rinsed, and then thoroughly dried and aired before they are again used.

A rubber or other waterproof covering should not be worn outside the diaper for any length of time, as it is heating and liable to cause chafing.

Undershirt. The undershirt should be of such material that it does not irritate the baby's delicate skin. A machine-knitted silk shirt, containing a small amount of wool, is preferable, as it is softer for the baby's skin and will also wear better than those made of flannel or of a mixture of cotton and wool. During the winter months especially the undershirt should have long sleeves. A shirt should be worn night and day during the first two or three years. The styles of infants' under-

shirts, as well as the other clothing, vary somewhat from time to time, but the shirt shown in the preceding illustration will be found satisfactory.



Petticoat.

The petticoat may be made entirely of flannel, or it may be made of flannel sewed on to a waist made of cotton. In very hot weather material of lighter weight may be used. The usual style has no sleeves,—simply armholes, as shown in the accompanying illustration. This opens in the back as shown, being fastened with one or two flat buttons, or with a narrow ribbon tied at the neck. At first the petticoat should be about 25 inches long, so as to extend 6 or 8 inches below the baby's feet. When the baby is changed into short clothes at the age of about six months the petticoat will, of course, be shortened.

Dress.

The dress should be loose and may be made of nainsook, lawn, dimity, long-cloth, or any other suitable material. It should have long sleeves, at least during the early months, and may be fastened in the back with small buttons, or with a narrow ribbon, or with baby pins. The dress should be a little longer than the petticoat. It may be made and trimmed in any style that suits the mother's fancy.

Socks.

Socks should be worn day and night during the early months. These may be made of soft worsted yarn or silk thread. They may be bought ready-made or may be knitted or crocheted at home. They generally reach about halfway to the knee, being tied with a narrow ribbon or knitted cord. When the baby is changed into short clothes, stockings should be worn day-

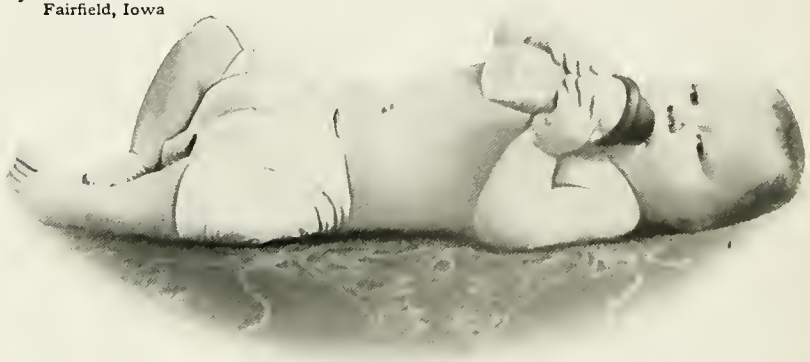
times, and also thin, flexible shoes. The stockings may be made of wool, or of a mixture of wool and cotton, or of wool and silk, the weight or thickness varying with the season of the year. They should be long enough to reach above the knees, and may be pinned to the diapers. The socks and stockings should not fit too tightly.

Shoes and stockings.

The nightgown may be made of cotton stockinet, cotton flannel, or of a mixture of cotton and wool, or in warm weather it may be made of muslin, long-cloth or other light material. It should be very roomy and long enough to be closed by a drawing-string at the bottom, during the earlier months, especially in cold weather. Such a nightgown keeps the feet warm and gives the baby plenty of room to move his legs about. After the baby is several months old, this style of nightgown may be replaced by one having feet and legs, as shown in the accompanying illustration.

Nightgown.

Raymond Brandall Rumer
Fairfield, Iowa



Exercise

EVERY young baby soon begins to kick and move his arms about, which gives him all the exercise he needs for the time being, and his coverings should be loose enough to allow him to do this. When the baby is two or three weeks old, he may be taken from his crib two or three times a day, laid on a pillow and carried about for ten or fifteen minutes. A couple of weeks later the pillow may be discarded and longer walks taken, the infant being held in a reclining position, with the head and body carefully supported. ***First exercise.***

By the time the baby is four or five months old he will probably be strong enough to sit up for a short time with a pillow back of his head and shoulders. A few months later he will begin to sit up and not require the support of a pillow, but it is very important not to urge him to do this. When he is nine or ten months old he will as a general thing begin to creep, and this exercise should be encouraged. A thick blanket or rug may be spread upon the floor, care being taken that the room is of the proper temperature. It is always well to remember that the air next to the floor is usually colder than the rest of the room. ***Creeping.***

A baby usually begins to stand up and try to walk when a little over a year old, but children differ in this respect as well as in others. A baby should not be encouraged to stand or walk more than he wants to of his own accord. ***Walking.***

Plenty of fresh air is requisite for the maintenance of a

baby's health. As soon as the baby is old enough—usually by the time he is a month old—he should be taken outdoors every day, unless the weather is unfavorable or he is not well. He should be carried in the arms for the first two or three months, being kept out for ten or fifteen minutes at first and afterwards a longer time.

Outdoor airing.

If it is cold or very windy or damp, it is better to keep the baby indoors. At such times it is a good plan to open the windows in one of the rooms, and, wrapping the baby up thoroughly, walk with him as if outdoors. In cold weather especially the baby should be properly clothed when taken out, being particularly careful to see that his feet and hands are kept warm. He should not be kept out too long; the least sign of chilliness is a warning to go indoors.

In cold or damp weather.

During the hot summer months the baby should never be taken out in the middle of the day.

The sun should never be allowed to shine directly in the baby's face, whether he is asleep or awake. Neither should the wind be allowed to blow in his face.

After the baby is two or three months old he may be given his daily airing in a baby carriage. The carriage should have easy springs and run smoothly. It should have a sunshade, or better still, an adjustable hood, lined with some dark color, so that the glare of the sunshine from the sidewalk or roadway will not be reflected into the baby's eyes.

The carriage.

The carriage should be provided with a pillow at first, or some other warm, soft bed for the baby to lie upon. Plenty of blankets or other covering should also be provided to put under the baby as well as over him while in his carriage. When the baby is old enough to sit up in the carriage a soft pillow

should be placed behind him to support his shoulders and head.

The carriage should be provided with a strap to keep the baby in, and also with a brake, which should always be put on when the carriage is left with the baby in it.

In lifting the baby the mother should place her hands on either side of his chest below his armpits and gently raise him to the required position. Never lift a baby by his hands or arms, as this may strain the delicate muscles. ***Lifting baby.***

A baby ought to be kept quiet most of the time and should not be excited by too much talking or playing. He should not be trotted on the knee, especially after feeding, as this may cause vomiting and indigestion.

Lee Austin Ticknor
Chicago, Ills.

These are all Mellin's Food Babies.

Jimmie Ginn
Ironton, Ohio

Ruth Victoria Johnson
Bishop Hill, Ill.

Bessie Newman Steele
Chattanooga, Tenn.

The Mason Triplets — Alexander, Robert and Rankin — 8 years old
Richmond, Ky

Diet After the First Year

THE diet after the baby is a year old should still consist principally of milk modified by Mellin's Food; in fact, good, fresh milk ought to form the greater part of the child's diet during the next two or three years. Mellin's Food should be added to the milk to properly modify it for the child, at least during the second year, and particularly while he is cutting teeth.

Mellin's Food the basis of diet.

The Mellin's Food and milk may be prepared according to the formula for a child six months old, or the proportion of milk may be increased, if necessary. If the baby has been breast-fed up to this time it may be advisable to use at first a little less milk than called for in the six months' formula, adding enough more water to keep the measure, and then the milk may be increased gradually to the right amount. The Mellin's Food and milk may be fed from a cup or spoon instead of from a bottle, and may be given at room temperature, especially during hot weather.

Solid food should not be added to a baby's diet until he is at least a year old; in fact, if the baby is delicate, or is cutting teeth, or the weather is hot, it is advisable to wait until the baby is a little older before commencing the use of solid food Many mothers make a serious mistake in giving solid food to their

Beginning solid food.

babies too soon, with the result that it causes indigestion, which may be hard to overcome.

The diet after the first year should be as simple as possible, although of course there should be some variety in the food. If a good foundation is laid by the use of proper food during the first few years of life, the child will be well prepared in health and digestion for later life. Each child is a law unto himself and anything which is found to disagree should be discontinued at once and not given again for some time. Carefully avoid over-feeding.

Avoid over-feeding.

Solid food should be added to the diet gradually. It is best to begin its use at the midday meal, which may consist of Mellin's Food, milk and egg prepared according to the recipe on page 55, or a lightly boiled egg may be added to the diet every other day at first. If this is well digested, a further advance may soon be made by adding a thin slice of bread and butter or a rusk or a cracker to the second meal; these should be broken into small pieces and the child taught to chew them thoroughly. When the child has become quite accustomed to these changes in the diet, the fourth meal may be increased by the addition of a slice of bread or a rusk broken up and soaked in the Mellin's Food and milk.

Increase solid food gradually.

The more easily digested portions of ripe fruits, such as the pulp of stewed prunes or of baked apples, may be given in moderation with the midday meal. The juice of a sweet orange is a good addition to a child's dietary; two or three teaspoonfuls may be given once a day about an hour before a feeding, and this may be increased gradually to two or three tablespoonfuls daily.

Fruits.

A young child should not be given much, if any, sugar,

candy, sweet cakes, or indigestible fruits like bananas, etc.

He should have plenty of cool, pure water, but this should never be given ice-cold.

Schedule of Meals

Twelve to Fifteen Months of Age

First Meal, 6 to 7 A.M. One-half to three-fourths pint of Mellin's Food and milk.

Second Meal, about 10 A.M. One-half to three-fourths pint of Mellin's Food and milk and a slice of bread and butter, some Mellin's Food Biscuits, or a well-cooked cereal.

Third Meal, about 2 P.M. One-half pint of Mellin's Food and milk with egg (or a lightly boiled egg with a little bread and butter), and a little pudding.

Fourth Meal, about 6 P.M. One-half to three-fourths pint of Mellin's Food and milk with a thin slice of bread broken and soaked in it.

Fifth Meal, about 10 P.M. (if needed). One-half to three-fourths pint of Mellin's Food and milk.

Fifteen to Eighteen Months of Age

First Meal, 6 to 7 A.M. One-half to three-fourths pint of Mellin's Food and milk.

Second Meal, about 10 A.M. One-half to three-fourths pint of Mellin's Food and milk and a slice of bread and butter, some Mellin's Food Biscuits, or a little well-cooked cereal.

THIRD MEAL, about 2 P.M. A soft-boiled or poached egg; a small cupful of meat broth; bread and butter; and a little pudding or simple dessert.

FOURTH MEAL, about 6 P.M. One-half to three-fourths pint of Mellin's Food and milk with a thin slice of bread broken and soaked in it.

FIFTH MEAL, about 10 P.M. (if needed). One-half to three-fourths pint of Mellin's Food and milk.

Eighteen to Twenty-one Months of Age

FIRST MEAL, 6 to 7 A.M. One-half to three-fourths pint of Mellin's Food and milk.

SECOND MEAL, about 10 A.M. One-half to three-fourths pint of Mellin's Food and milk, some Mellin's Food Biscuits, or a little well-cooked cereal.

THIRD MEAL, about 2 P.M. A soft-boiled, poached or scrambled egg; a cupful of meat broth; a little potato, well mashed; bread and butter or a cracker; and a little pudding or simple dessert.

FOURTH MEAL, about 6 P.M. One-half to three-fourths pint of Mellin's Food and milk, with bread and butter.

Twenty-one to Twenty-four Months of Age

FIRST MEAL, 6 to 7 A.M. One-half to three-fourths pint of Mellin's Food and milk, with bread and butter.

SECOND MEAL, about 10 A.M. One-half to three-fourths pint of Mellin's Food and milk, some Mellin's Food Biscuits, or a little well-cooked cereal.

THIRD MEAL, about 2 P.M. A soft-boiled, poached or scrambled egg or egg omelette, or a tablespoonful of scraped or finely minced beef or lamb; a baked potato, well mashed, with or without butter or dish gravy; bread and butter; and a little pudding or simple desert.

FOURTH MEAL, about 6 P.M. One-half to three-fourths pint of Mellin's Food and milk, and bread and butter.

Foods Allowed, Twelve to Eighteen Months of Age

Mellin's Food and milk.

Mellin's Food Biscuits.

Mellin's Food with milk and egg.

Mellin's Food with bread and milk.

Mellin's Food with soft custard.

Soft-boiled or poached egg

White, whole wheat or graham bread (at least a day old), with or without butter.

Dried bread.

Zwieback.

Graham or soda crackers.

Oatmeal porridge and milk.

Prepared wheat cereals

Beef, chicken, lamb or mutton broth.

Beef juice.

Plain macaroni.

Cornstarch.

Rice, tapioca or custard pudding.

Plain bread and butter pudding.

Blanc-mange.

Junket.

Rice milk.

Juice of sweet orange.

Juice and pulp of stewed prunes.

Pulp of baked apple.

Additional Foods Allowed, Eighteen to Twenty-four Months of Age

Plain milk toast.

Scraped or finely minced rare roast beef, beefsteak, lamb chops or roast lamb.

Baked potato, well mashed, with or without butter or dish gravy.

Scrambled eggs.

Plain omelette.

Fresh peas in their season, thoroughly mashed.

String beans, mashed.

Fresh spinach.

Squash, thoroughly mashed.

Scraped raw apple (perfectly ripe).

(All vegetables should be well-cooked.)

Easily Digestible and Nourishing Dishes

Mellin's Food and Milk

For infants, see page 17, 18 and 49.
For invalids, see page 63.

Mellin's Food Biscuits

Mellin's Food with Milk and Egg

2 level tablespoonfuls Mellin's Food
6 ounces Milk
2 ounces Water
1 Fresh Egg

Dissolve the Mellin's Food in the water and add the milk. Then add the egg, well beaten.

Soft-boiled Egg

Drop a fresh egg into boiling water and let it stand on the back of the stove where the water will keep hot, but not boil, for about eight minutes. If properly cooked, the yolk and white will be of jelly-like consistency.

Dried Bread

By "dried bread" is meant bread that is cut in thin slices and dried in the oven until it is crisp but not brown. It may be given instead of crackers or zwieback.

Mellin's Food with Bread and Milk

Dissolve two level tablespoonfuls of Mellin's Food in a little water and add this to a cupful of milk Cut a slice of bread into pieces about an inch square, add this to the mixture and let it boil for two or three minutes. Add a little salt, and also a little butter, if desired.

Oatmeal Porridge

To a pint of boiling water add about half a cupful of ordinary coarse oatmeal or any rolled oats, and a little salt. Boil for four hours in a double or single boiler and strain through a sieve. This will be still more appetizing and nourishing if boiled for eight or ten hours in a double boiler. Two or three teaspoonfuls (with other food) is generally enough to give at first; more may be given as the child grows older. In serving, it is much better to add a little of the Mellin's Food and milk mixture rather than rich cream and sugar.

Beef Juice (hot process)

Sear a piece of steak on both sides on a broiler and then press out the juice. A teaspoonful or two of this every other day, given plain or diluted half and half with water, is fully sufficient for a baby six months old. Double this amount is usually enough for a baby a year old. This should be given cold or only slightly warm; it should not be overheated.

Beef Juice (cold process)

Add about a pound of finely chopped lean beef to eight ounces of water and allow this to stand in a covered jar upon ice or in a cool place from six to twelve hours. Then squeeze

out the juice by twisting the meat in coarse muslin or cheesecloth. Season with salt.

Beef, Chicken, Lamb, or Mutton Broth

To about a quart of water add a pound of chopped beef, chicken, lamb or mutton, and a little salt and boil two hours. Strain through a coarse sieve and when cool carefully skim off all of the fat. Rice, barley or vermicelli, boiled separately until quite soft, may be added to the broth when it is heated for use.

Mellin's Food with Custard

1 cupful Milk
1 fresh Egg
2 level tablespoonfuls Mellin's Food
Pinch of Salt.

Beat the egg lightly, add the Mellin's Food, and whip them together until smooth and creamy. Add the milk, pour into a small baking dish or cup and set this in a dripping pan of boiling water, and leave in the oven until the middle of the custard is "set." Serve cold.

Mellin's Food with Rice Milk

1 pint Milk
2 rounding tablespoonfuls Rice
4 level tablespoonfuls Mellin's Food
A little Salt.

Wash the rice and put with the milk and salt into a double boiler. Cook until the rice is very soft and has absorbed most of the milk. When almost done, add the Mellin's Food dissolved in a little water.

Junket

Put a cupful of fresh milk into a saucepan and heat until lukewarm, about 100° F. Then stir in a teaspoonful of Essence of Pepsin. Pour into custard cups and let it stand on the back of the stove until firmly jellied, and then put in the ice-chest or in a cool place. Serve cold. This is sometimes called "curds and whey."

Cornstarch with Mellin's Food

2 cupfuls Milk
3 heaping tablespoonfuls Cornstarch
4 level tablespoonfuls Mellin's Food, dissolved in a little water
1 fresh Egg
A little Salt

Heat 1½ cupfuls of the milk in a double boiler, and when very hot turn it over the cornstarch dissolved in the remaining ½ cupful of milk. Stir well, return to the stove and cook for seven or eight minutes. Then add the salt and the Mellin's Food and the egg, well beaten, and let the mixture stand for a few minutes on the back of the stove. Turn into a mould and chill. Serve with a little milk.

Blanc Mange

1 pint Milk
¼ cup Irish Moss
A little Salt

Soak the moss in cold water a few minutes, then pick it over carefully and wash. Tie in a lace bag, put with the milk

into a double boiler and boil until the milk thickens. Add the salt and take out the bag of moss, first pressing it gently; then turn the thickened milk into a mould. In serving, it is much better to add a little of the Mellin's Food and milk mixture rather than rich cream and sugar.

Tapioca Cream Jelly with Mellin's Food

1 pint Milk
2 rounding tablespoonfuls Minute Tapioca
4 level tablespoonfuls Mellin's Food, dissolved in a little water
A little Salt

Put the milk in a double boiler and when very hot slowly scatter in the tapioca. Stir until thoroughly mixed and cook until the tapioca is transparent; then add the Mellin's Food. Turn into moulds and chill. Serve with a little sugar and milk or whipped cream.

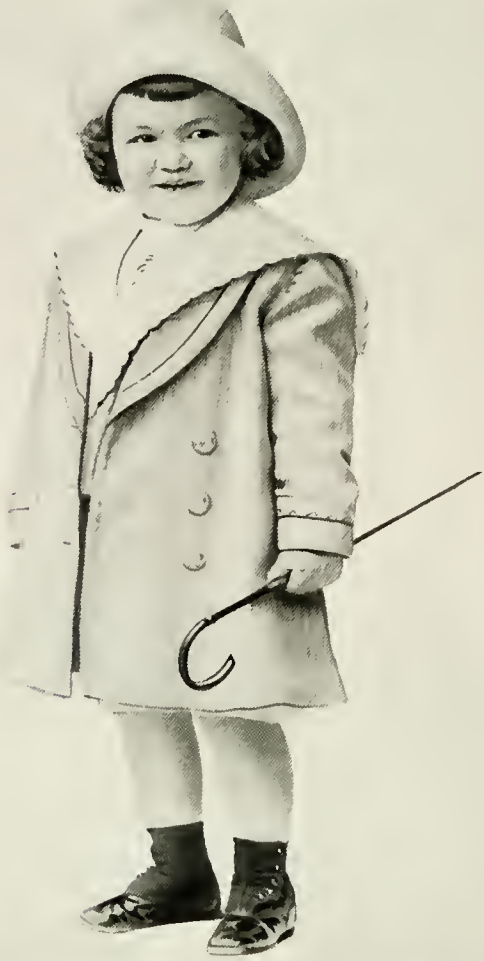
Baked Apples with Mellin's Food

Pare and core the apples, fill the cavities with Mellin's Food (dry), scatter sugar over them, put a little boiling water in the baking dish and bake in a quick oven.

Mellin's Food Ice Cream

2 cupfuls Cream
4 level tablespoonfuls Sugar
4 level tablespoonfuls Mellin's Food
A little Salt

Dissolve the Mellin's Food in a little milk or water, add the sugar, salt and cream, and stir until the sugar is dissolved. Then freeze in an ice-cream freezer.



WALTER SCOTT GRANT, JR.,
Providence, R. I.

Mellin's Food for Nursing Mothers

MELLIN'S FOOD is excellent for nursing mothers. Many mothers, by taking Mellin's Food themselves, are able to nurse their babies much longer than they otherwise could. Mellin's Food not only greatly improves the quality and maintains the quantity of the breast milk, but it also sustains the mother's strength. Mellin's Food is very nourishing in itself and when it is added to milk it softens the curd of the milk, thus making the milk much more digestible and more nourishing and appetizing. Prepare as follows:—

Improves quality—increases quantity.

Mellin's Food . . .	6 tablespoonfuls (level)
Milk	16 ounces (1 pint)
Water	4 ounces

Simply dissolve the Mellin's Food in the water and then add the milk.

Take a glassful of this in the forenoon, in the afternoon, and just before retiring. It is generally relished cold, or it may be taken hot, and may be salted or flavored, if desired.

Mellin's Food in Connection with Breast Feeding

Many mothers are able to nurse their babies only part of the time. In such cases Mellin's Food is often used for the other feedings with excellent results. As many feedings of the Mellin's Food a day may be given as are required.

When it is time to wean the baby from the breast this may be done gradually by giving the baby one or two feedings
Weaning. of Mellin's Food daily at first, increasing the number of feedings of Mellin's Food as the baby needs the additional nourishment.

Joseph Lachlar McDonald
Great Falls, Montana

Mellin's Food for Invalids

PROPER food, important as it is to a person in health, is of much greater importance to the invalid or one acutely ill. The diet under such circumstances must be very nourishing. But it must be more than this,—it must also be capable of being easily digested. In other words, the diet should supply the maximum amount of nourishment with the minimum of digestive effort. Mellin's Food fully meets these requirements. Mellin's Food is made from the choicest wheat and malted barley, the starch of the grains being wholly converted into a form perfectly digestible Mellin's Food is ready for immediate assimilation and can be borne by the most delicate stomach. Furthermore, when Mellin's Food is added to milk it breaks up and softens the tough curd of the milk, making the milk easily digestible as well as more nourishing and more appetizing.

Easily digested.

Quickly assimilated.

It is generally recognized that milk is one of the best articles of diet, especially in illness. Adults often experience difficulty, however, in digesting plain milk, particularly if the digestion is enfeebled by sickness, but if Mellin's Food is added to the milk, this difficulty is overcome. Prepare as follows:—

Mellin's Food	6 tablespoonfuls (level)
Milk . . .	16 ounces (1 pint)
Water	4 ounces

Simply dissolve the Mellin's Food in the water and then add the milk.

Take hot or cold as often as required, and salt or flavor, if desired.

If the digestion is extremely weak, it may be advisable to dilute the milk with more water, or omit the milk entirely.

Readily retained.

If cream cannot be tolerated, use skimmed milk instead of whole milk.

For directions for preparing other easily digestible and nourishing dishes for adults, see pages 55 to 59.

Mellin's Food is sold in two sizes only, the "large" and the "small." It can be readily obtained in any city and town in this country, as well as in all other parts of the world.

If your dealer does not carry Mellin's Food Biscuits in stock, we will send you a box upon receipt of seventy-five (75) cents.

Any inquiries regarding the preparation or use of Mellin's Food will be promptly and cheerfully answered.

MELLIN'S FOOD COMPANY

Boston, Mass.

Baby's Record

Baby's name_____

Born at (place)_____

Date of birth_____

Hour of birth_____

Attending physician_____

Attending nurse_____

Oh, thou darling little babe,
Thou art sent us from above
As a blessing to our home
With thy message full of love.

Baby's Weight

At birth _____ lbs. _____ oz.

At one month _____ lbs. _____ oz.

At two months _____ lbs. _____ oz.

At three months _____ lbs. _____ oz.

At four months _____ lbs. _____ oz.

At five months _____ lbs. _____ oz.

At six months _____ lbs. _____ oz.

At nine months _____ lbs. _____ oz.

At one year _____ lbs. _____ oz.

At eighteen months _____ lbs. _____ oz.

At two years _____ lbs. _____ oz.

_____

_____

_____

Baby's Christening

Baby was christened on (date)_____

at_____ by the

Rev._____

There were present:

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Baby's First Word

The first word that Baby spoke was_____

This was on_____

Baby was then_____months old.

Some of Baby's sayings:

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Baby's First Step

Baby began to creep on (date)_____

Baby took the first step on_____

at the age of_____months, and began to walk

alone on_____

Remarks :

Important Happenings

	Date	Age
Baby's first outing		
Baby's first smile		
Baby's first laugh		
Baby's first tooth		
Baby's first short dress		

Baby's First Birthday

Baby is a year old to-day and is_____inches tall

and weighs_____pounds.

'Twas a year ago to-day
When you came to greet us here.
What a change the year has brought!
Oh, you dimpled little dear.

Life is brighter since you came
And our home is happier, too,
For your presence seems to us
Like an angel good and true.

May your journey through this world
Ever calm be, ever fair.
May the radiance of your smile
Peace and joy shed ev'rywhere.

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